

Valley Task Force Losing Its Focus?

By Gerry L. Galvan
Has the Visitation Valley Task Force (VVTF) become polarized along racial and ethnic lines lately to a point that two or three members identified with an Asian group have shown propensity to engage other members distinctly belonging to another race in long and often times senseless arguments and debates?

If such is the case, then the purpose of organizing the said task force has been defeated. Chances are that whatever mileage that has been accumulated collectively during the past 13 months will be of naught before a decision can be made on when the Geneva Towers are finally and truly torn down.

These and other concerns were expressed to your reporter by a fellow task force member who requested not to be identified.

Said task force member cited specifically the regular monthly meeting on February 25 at St. James Church building. Called by Deedra Jackson, task force liaison with the Mayor's Office, said meeting was designed to define a number of neighborhood issues and thresh out whatever kinks and hindrances to problem solution. A number of City Hall personnel in high places were present to participate and bear witness to the proceedings. A representative from the San Francisco Police Department was around to give an "update on happenings in the community."

As it has been customary with the VVTF monthly meetings, the community was allotted 10 minutes of observation and comments. That was fine, the Grapevine source in this case said, "The input from the neighborhood folks has always been a necessary ingredient in our operation. We've learned a great deal from the community. It's input has been very substantial."

He continued his revealing task force member commentary by saying, "I've participated actively in the discussion and deliberation of issues with

the Visitation Valley Task Force since its first business meeting on March 1, 1994. Very seldom, if ever, would I miss a regular scheduled assembly. The reason for the faithfulness, call it what you may, is simple. I've been keenly interested in the task force's success and in the uplift of neighborhood conditions at Visitation Valley."

According to this Grapevine source, he has started to lose the "genuine interest" he had when he first got on board the organization. "It seems to me that some members of the Visitation Valley Task Force are using the organization as a forum to air gripes, pet peeves and to project their personal agenda. This is not a healthy development."

The VVTF was organized in February 1994 after a concerted effort by Mayor Frank Jordan's office to tap a cross cultural, across-the-board economic/ educational/ social/ political eggregation of the population within Visitation Valley.

Gwen Henry, then liaison, rounded-up a considerably big number of residents within Visitation Valley including a Catholic priest and two Protestant ministers assigned in the area. Pep letters were sent by Tony Lincoln, director of the Mayor's Office of Children, Youth and Their Families, who wrote that he was "very pleased that you have decided to join us in what I am confident will be an exciting and innovative time for the community of Visitation Valley."

The initial VVTF meeting was held on February 22, 1994 with the Housing and Urban Development (HUD) representatives, led by Art Agnos, attending. At the outset, there was "more than meets the eye" in the membership, as one related to the fellow next to the other.

Certainly, there were the bright ones who talked only when asked. There were also the overly talkative who wanted to take the floor most of the hours. By the same token, the intelligent and gifted with an inquiring and incisive mind were also present to provide a balance to the wide representation of the VVTF.

The monthly agenda prepared by Gwen Henry were impressively substantial. Most, if not all, of the invited guests were articulate and well-informed on the subject they were assigned to discuss during the meeting. A considerably large number of them brought in and discussed lengthily self-serving issues. Others sounded like conscientious workers who fitted like a glove into the issues and needs on hand.

"We were seeking a very progressive, very pretty, very well organized and truly peaceful neighborhood in Visitation Valley," another task force member complained. "It seemed to me that such good things were all in the rhetorical prose of the speakers and organizers. I have yet to see any other things extensively talked about during the meetings. As things now stand, all that have been portrayed as projects, and future projects and activities of both the HUD and city government of San Francisco could be characterized as symbols of bureaucratic zeal and jest."

Visitation Valley Task Force was scheduled to meet in official business on April 29 at the St. James Presbyterian Church, 240 Leland Ave.

Former Wilson Teammates Reunite One Year Later



Members of the former Wilson Warriors baseball team reunited one year after reconstitution scattered its players to other high schools. Front (l-r): David Frias, Cesar Ramos, Waskar Gomez, Willie York, David Hernandez, Bismarck Ramirez and Enrique Castillo. Back (l-r): Jeremy Berg, John Jasberg, and Coaches Fred Quinn and Dan Harrington. During his 1993-94 year at Wilson, York hit .535, hit 6 home runs and pitched a no-hitter.

GRAPEVINE

VISITACION VALLEY

NUMBER 106 SERVING OUR COMMUNITY MAY 1995

Valley Neighbors Oppose Proposed Expansion of Hazardous Waste Facility

By Len Appiano
Residents of both Little Hollywood and Visitation Valley took turns stepping up to the podium April 18 to unanimously oppose the proposed expansion of the Household Hazardous Waste Facility on Tunnel Ave. during a meeting to revise its Environmental Impact Report (EIR) at the Visitation Valley Community Center.

With the period for public comment on the controversial plan ending April 25, those living in the vicinity of the seven-year-old facility were decidedly hostile to the continual noise and debris stemming from daily operations they claim have made their once peaceful neighborhood unbearable. Residents vehemently echoed the sentiment of Little Hollywood Association President Don Bertone - chair of the Local Assessment Committee formed to evaluate the waste facility's proposed expansion - who stated his opposition to the project and accused the EIR "of being done in a vacuum."

"I totally question the wisdom of creating such a facility anywhere in San Francisco," exclaimed Don Macchiarini, a Peninsula St. resident who emotionally cited the current excessive noise and foul air from the plant as unacceptable. As a City resident, he explained the air quality and noise factor

in Little Hollywood should be no different than for someone living in either Pacific Heights or St. Francis Wood, calling for community control over such matters. Of the adjacent waste facility, Macchiarini replied, "They have been less than a good neighbor!"

"It's just one thing after another and I'm just tired of this garbage," voiced facility neighbor Ron Gibson of Tocoloma St.

"Just in case City Hall doesn't know it, Little Hollywood means community, and not dumping ground."

Armed with detailed diagrams and eight large binders crammed full with photos he said were taken of illegal operations at the waste site, 30-year Little Hollywood resident Ralph Oroquita presented highlights of a 60-page report in which he estimated from 1,200 to 1,400 vehicles a day would be driving to and from the expanded facility, contrasting with the EIR's figure of 800. He presented a map of San Francisco highlighted with the proposed enlargement he equated to the circumference of a half-dime.

"The size is so small for what they want to do there," explained Oroquita as he compared scaled distances of the facility with the rest of the City.

Making the most of his allotted speaking time, Little Hollywood resident Richard Lucas described the current facility as a time bomb waiting to go off. Aside from the large number of seagulls he said were flying around the transfer station and eating garbage, he described: continual noise and vile air engulfing his fellow resi-

dents and he during all hours of the day and night, increased litter, excessive traffic, an infiltration on local streets of junky trucks and shopping carts, and an intolerable presence of dust.

"I live on the north side of Little Hollywood and I get a lot of dust in my house," he explained. "If this dust matter contains toxins, we'd like to know about it."

Lucas also addressed the nuisance of additional lighting necessary to illuminate new construction, including a five-story building he explained would be in violation of the area's 40-foot height limit.

"Why should Little Hollywood and Visitation Valley take the brunt of waste disposal for the City?" he questioned those in attendance as he asked if other sites had been considered.

Concerned for the safety his neighbors, well-known realtor Henry Schindel - a Valley resident for decades - both questioned the logic and condemned the danger of having so many combustible and potentially explosive wastes centralized locally in the first place. Having contacted several waste facilities in other parts of the U.S., he related how he was told that on-site accidents at the facilities did indeed occur, and emphasized the constant danger would only serve to keep businesses away from the area.

"We don't want this in Visitation Valley!" exclaimed Schindel. "I'm asking the people of this Valley, please don't let this happen!"

Valley Street Festival Returns On Leland Ave.

For the first time in its 11 year history, the Visitation Valley Festival will take place along the neighborhood's main business thoroughfare - Leland Ave. from Bayshore Blvd. to Schwerin St. - on May 20 from 9:30 a.m. to 6 p.m.

Plenty of activities and good food - including barbecue and many cultural dishes - will be available, as well as rides and information booths.

Deadline for entry forms and relevant fees in the festival is May 1. All artwork for presentation must be submitted by May 17.

There will be an Artist's Reception and awards ceremony at the Community Center's second-floor ballroom, 50 Raymond Ave., on Friday, May 19 at 7 p.m. Winning entries will be on display at the Bank of America on Leland Ave. and Bayshore Blvd. the day of the festival.

Weighing the Truth about Fructose

Since the 1970s, there has been a significant shift in the type of sweeteners used in the United States. In many foods and beverages, sucrose has been replaced with high-fructose syrup (HFS), a sweetener produced entirely from corn.

Fructose is combined with glucose to make sucrose or table sugar. But did you know it also occurs naturally in many fruits and vegetables? These sources alone contribute some 40 to 60 percent of an individual's total fructose intake.

FRUCTOSE PRIMER

As the price of fructose increased in the 1950s, food scientists explored other means for creating the sweet, pleasurable taste critical to many products. By the late 1960s, HFS was developed by mixing roughly equal parts

of glucose and fructose. While cornstarch served as the main source of HFS in the United States, similar sweeteners were derived from starches indigenous to other parts of the world such as rice, tapioca, wheat or cassava.

Over time, these new liquid sweeteners have proved to be remarkable replacements for sucrose. They produce a similar sweet taste, are highly pure and are relatively inexpensive to produce. Today, HFS is used as a sweetener in foods such as canned goods, baked goods, processed foods, dairy products and nonalcoholic beverages.

Despite the many new applications of HFS, Americans' average daily intake of fructose has remained con-

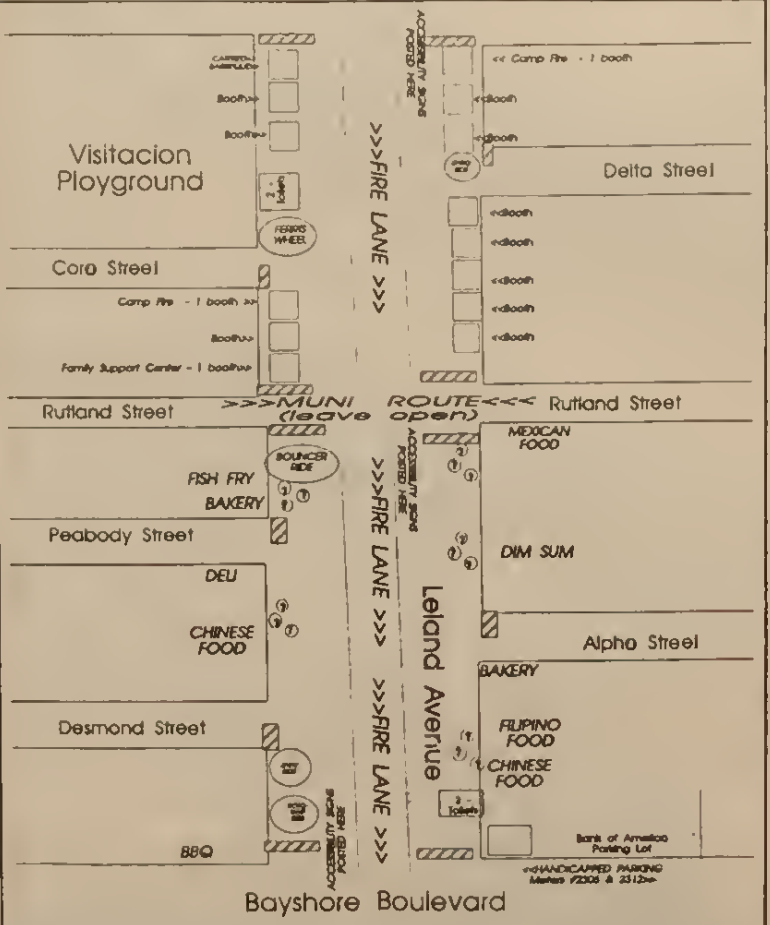
The Wiz Comes to Viz

By Patricia Byrne
Visitation Valley Middle School students are getting ready to perform their first musical, *The Wiz*, on May 5, 8, 12 and 13 at 8:30 p.m. in the VVMS auditorium. Performances are open to the public at: \$3 an adult, \$2 a child or \$5 per family.

Students have been working hard rehearsing and memorizing lines. Staff and volunteers have been busy building sets, designing costumes, planning lighting and creating the *Magic Theatre* for this Visitation Valley first.

In addition to the above dates, there will be dress rehearsals for local elementary schools on May 3.

Featured Inside ...	
Congressional Rescissions.....	2
Stroke Survivor Tells Story.....	3
Clean Air Awards.....	5



Visitation Valley's 11th annual Street Festival will take place May 20 from 9:30 a.m. to 6 p.m. along Leland Ave. from Bayshore Blvd. to Schwerin St.

Impact of Congressional Rescissions Of Community Development Funds Could be Felt throughout the City

By Mayor Frank Jordan
San Francisco could feel the impact of major cuts in community development programs if Congress is successful in rescinding eight percent of funds allotted to the 1995 Community Development Block Grant Program.
Once again, Congress in trying to abandon their responsibility to local government, our neighborhoods and our poorest citizens. This "Contract with America" is a contract with a selective part of America and it has grave implications, particularly for our urban centers.
The Mayor's Office of Community Development allocates approximately \$24 million to more than 125 local nonprofit and community-based organizations to increase the City's stock of affordable housing, improve the neighborhood environments, provide job training, assist with the development of self-employment efforts by

low-income persons and to revitalize declining neighborhoods.
Some of the programs funded by the Mayor's Office of Community Development include: assisting victims of domestic violence, upgrading neighborhood senior centers, providing safe and affordable child care programs, and job training and placement programs, upgrading community facilities in compliance with the Americans with Disabilities Act, rehabilitating affordable housing units, and providing low-interest loans and support to low income individuals starting new businesses in the City.
If Congress rescissions are approved, San Francisco stands to lose approximately \$2.8 million in Community Development Block Grant funds. This would result in the City's inability to fund numerous projects, including:
*A 58-unit single room occupancy affordable housing development in the

Mission district designed to provide shelter to homeless and formerly homeless persons.
*Disability access renovations to public facilities.
*Loans to small businesses which would result in a loss of approximately 40 new jobs for low and moderate income San Francisco residents.
*Construction of playgrounds for low income children at Mission YMCA, John Muir Children's Center, Busybee Day Care, Whitney Young Child Development Center and Connecticut Garden.
I have taken a lead role within the U.S. Conference of Mayors and am working collectively with various national associations in opposition to any proposal to cut Community Development block grants, to eliminate HUD or to shift administrative responsibility for community development programs to the state.
I will continue to work with Senators Dianne Feinstein and Barbara Boxer and Congressional Representatives Nancy Pelosi and Tom Lantos to preserve Community Development funds. I also urge citizens to write to Republican members of Congress to express your opposition to cuts in these very important programs.

11TH ANNUAL
VISITACION VALLEY
FESTIVAL

ARTS FESTIVAL ST. CLARE-HI ST. COMMUNITY CELEBRATION

MAY 20, 1995
9:00 A.M. TO 6:00 P.M.

LELAND AVENUE
(BAYSHORE TO SCHWERTLIN)

(415) 467-6400

WHO TO CALL...	
*Emergency (life threatening)	9-1-1
*Non-emergency Dispatch	553-0123
*Parking Complaints	553-1200
*Abandoned Cars	781-JUNK
*Security Survey/ Neighborhood Watch	673-SAFE
*Narcotics Tips (anon) 800-CRACKIT	
*Landlord/Tenant Disputes	554-9550
*Community Boards	863-6100
*Domestic Violence	864-4722
*Suicide Prevention	221-1423
*Stray, Abused Animals	554-6364
*Dumped Items (DPW)	695-2017
*Graffiti Cleanup (DPW)	241-WASH

Squire Limousine Gets 1995 Operator Award

Squire Limousine, one of the largest services of its type in the Bay Area, has been awarded the 1995 Operator of the Year award from association members in the limousine industry and *Limousine & Chauffeur* magazine. Squire received a perfect score in the six categories on which it was judged, including chauffeur and office staff training, safety, customer service, industry involvement and innovative services.

"It is rare for a company to be rated the best in all six of the categories," said Mark Becker, managing editor of *Limousine & Chauffeur*.

Butch Henke, president of Squire, has been in the luxury transportation business since he was 20. He bought his first limousine in 1970, and from that single vehicle expanded his business in the past 25 years to a fleet of 24 vehicles, including sedans, stretch limos, club passenger vans and deluxe mini-busses.

FIVE YEARS AGO IN THE GRAPEVINE

MAY 1990
*Visitacion Valley Elementary School's (VVES) faculty participated in two hands-on inservices and planned to attend additional computer workshops.
*Geraldine Degula, an eighth-grader at Visitacion Valley Middle School, finished third in the 1990 county-wide spelling bee.
*A *Candidates and Issues Night* sponsored by the Little Hollywood Association and the Visitacion Valley Community Center (VVCC) was scheduled for May 24.
*A new series of community workshops began at VVCC on May 12 featuring mask making, papermaking, paper cutting, screen printing of t-shirts, mono painting and storytelling.
*A new after-school job training and placement program funded through the Mayor's Office and coordinated by Pat Johnson at VVCC offered limited employment opportunities.
*Seniors at the John W. King Center were serenaded by 25 kindergarten students from VVES at a special luncheon.

GRAPEVINE
VISITACION VALLEY

Published monthly by Visitacion Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134 467-6400. Subscription: \$9.
Executive Director: Julia A. Kavanagh
Editor: Len Appiano
Staff: Don Bertone, Bonnie Bamberg, Vincent Chao, Walter Corbin, Pat Crocker, Gerry Galvan, Brian O'Connor, Victoria Grey, Brenda Lopez, Florence Pewtherer
Opinions expressed in the Grapevine are not necessarily those of VVCC.
©1995 VVCC. All rights reserved.

Consumer Guide to Using Phone Service

Everyone needs a phone, but today's variety of choices in phone services and calling plans can confuse even the most knowledgeable consumer. Now there is a simple, straightforward new booklet to help everyone set up and use the telephone service.
Starting Phone Service is the result of a unique partnership between Consumer Action (CA) and the Big Three long distance phone companies: AT&T, MCI and Sprint. Available in five languages - Chinese, Korean, Spanish, Vietnamese and English - CA is distributing 100,000 copies of the booklet through its national network of 1,700 community-based agencies at no cost to those organizations.
Free and easy to read, *Starting Phone Service* was designed to help newcomers to the U.S. and others who may be living on limited incomes. But the seven-page guide is useful to anyone who wants to save time and money when obtaining phone services.
Getting phone service may seem simple enough. But with so much upheaval in the field of telecommunications, this once simple transaction is fraught with pitfalls. Today's phone customers must decide:

*Which basic service plan will be

best for them.

*Which long distance company and calling plan they want.

*Whether to get a calling card.

*Whether to have a listed or unpublished phone number.

*Whether to lease or buy a phone.

*Whether to hire the phone company or an independent firm to install phone jacks.

Starting Phone Service covers all phases of the connection - from the initial contact with your local phone company to choosing a long distance carrier. Tips are included to help you keep tabs on your phone bills and avoid phone fraud.

Also addressed are services for people with disabilities, making calls while away from home, blocking 900 calls and placing international calls.

For a copy of *Starting Phone Service*, send a self-addressed, stamped envelope (55 cents) to: Phone Service Booklet, c/o Consumer Action, 116 New Montgomery St., San Francisco, CA 94105 and specify language desired.

Conserving Resources Means More Than Putting Out Your Recycling

Move Beyond Curbside & Apartment Recycling By:

SDOURCES REDUCTION:

The first of the three R's is reduce. To find out how you can use fewer resources when you shop, call 554-6193 and leave your name and address. We'll mail you, free of charge, a copy of The Environmental Shopping Guide, a San Francisco Recycling Program guide to keeping the environment in mind when you shop.

BUYING RECYCLED PRODUCTS:

Close the recycling loop by buying products made from recycled materials. To find out where you can buy products made from recycled materials in San Francisco, call 554-6193 and leave your name and address. We'll mail you, free of charge, a copy of Recycled Products in San Francisco, a guide to buying recycled products, published by Sustainable City.

COMPOSTING:

Composting is nature's way of recycling. Compost your food scraps in a compost bin, or if you live in an apartment building, in a worm bin. Don't know if composting is for you? Come to a free Composting Workshop at the Garden for the Environment, at 7th and Lawton in the Sunset District. There will be two composting workshops in May - May 14th and 20th. Call 285-7585 for information.



San Francisco RECYCLING PROGRAM

1145 Market St. #401
San Francisco, CA 94103

Facts on Controlling High Blood Pressure

One in four American adults has the silent killer. Otherwise known as high blood pressure, this killer has no specific symptoms and no early warning signs.

High blood pressure increases the heart's workload, causing it to enlarge and weaken over time. It also increases the risk of stroke, heart attack, kidney failure and congestive heart failure. When high blood pressure exists with obesity, smoking, high blood cholesterol level or diabetes, the risk of heart attack or stroke increases several times.

Although these facts are quite startling, high blood pressure can be easily detected and is usually controllable under a physician's care.

Ten Commandments is a free wallet card - available in English and Spanish - that provides invaluable information on high blood pressure control and prevention. To obtain a copy, send a stamped, self-addressed business-size envelope with your request to: 120 Montgomery St., Suite 1650, San Francisco, CA 94104

UNINTENTIONAL SWITCH

The *Grapevine* apologizes to Visitacion Valley Elementary School and Principal Vincent Chao for the unintentional switch of pictures on the front page of last month's paper. Ms. Chin's fourth and fifth-graders should have been *Fan Dancing*, and Ms. Kumao's second graders should have been rapping.

A Stroke Survivor Tells Her Story

Barbara Combs never saw herself as a "stroke victim" even though she suffered a severe stroke in November 1990 at age 54.

"There is a whole different perspective that comes with calling oneself a victim versus survivor," said Combs. "My observation is that people who refer to themselves as victims don't do very well after a stroke."

Combs will share her story as a panelist at a stroke workshop designed for people who have survived a stroke, and their family members and caregivers on Friday, May 12 from 8:30 a.m. to 12 noon at St. Mary's Cathedral Conference Center, 1111 Gough St.

"Immediately after my stroke, I felt denial and despair. How could this have happened to me? After all, I was a healthy person who exercised, didn't smoke and took care of myself," explained Combs. "I realized rather quickly that strokes are an equal opportunity illness, and the type of stroke - which resulted from a congenital defect - could happen to anyone."

Prior to her stroke, Combs was an independent, married working woman.

"Nothing else has changed my life as radically as the stroke, or the brain surgery that followed a year later," she said. Not only was the physical loss challenging - initially she needed help getting dressed, taking a shower and walking - but the independence she lost led to feelings of worthlessness. These changes affected her relationship with her husband, Nelson.

"After the stroke, I stayed home while Nelson went to work, but unlike the times in the past when we would split household and yard chores, he did everything else, too," said Combs. "He also had the constant worry about whether another stroke was pending, or

whether I would fall and injure myself while he was working."

Kay to coping with the physical challenges she faced and the dependence she felt in her relationship was acceptance. "Acceptance didn't mean embracing this intruder in my life, but simply realizing that my life was going to be very different from that moment on, and that I had to figure out a new way to live," she explained. "I called it re-inventing myself. Acceptance meant not fighting what was reality and getting on with living - whatever that was going to be like."

Comb's coping strategies, which she calls her "life preservers," included exercising at the Stonestown YMCA, attending Stroke Club meetings for information and as a social outlet, and joining a support group for stroke survivors.

"All of these things helped me get on with the rest of my life," said Combs. "I needed to have willingness to grab hold of these life preservers and learn something from all of them. Instead of always thinking about how much I've lost, I try to focus on what I still have."

Of the approximately 500,000 people who suffer a stroke each year, more

Arthritis Forum In San Francisco

Arthritis Foundation, Northern California Chapter will be holding a free public forum May 10 from 12 noon to 1 p.m., hosted by California Pacific Medical Center, 2100 Webster St., Room 108. Guest speaker will be Nina Schwartz, M.D. from the field of Rheumatology. For more information on this and other forums, call 1-800-464-6240.

than 140,000 die, and 31 percent of survivors need help taking care of themselves. In spite of her life-altering stroke, Combs considers herself lucky and wants to share what she has learned with others.

For more information on the stroke workshop or to register, call 433-2273.

S.F. SPCA Giving Cash Back to Owners Who Neuter Toms

City residents who've been thinking of getting their male cats neutered are being offered a cash incentive. In an unprecedented effort to limit the number of unwanted kittens that will be born this spring and summer, the San Francisco SPCA will neuter all local male cats free of charge until August 1. Their owners will receive a \$5 cash bonus following surgery.

"Our goal is to neuter 50 percent of the city's population of intact outdoor male cats," said SF/SPCA President Richard Avanzino. "We're hoping to reduce the number of litters produced this season by at least half, thereby making it possible for us to save every homeless kitten born in San Francisco this year."

Addressing concerns that this cash offer unfairly targets males, Avanzino points out that while female cats can give birth to as many as three litters of kittens per year, in that same year an unaltered male cat can impregnate hundreds of females.

Cat owners wishing to take advantage of the free neuter and bonus offer will be requested to show proof of San Francisco residency and to provide a record of their cat's up-to-date vaccinations. For more information or to make an appointment for surgery, call the SF/SPCA Low-Cost Spay/Neuter Clinic at 554-3000.

Free Legal Help

Do you have a problem that may require an attorney? Visit the free *Legal Advice and Referral Clinic* on Saturday, May 13, 10:30 a.m. to 12 noon at Hastings College of the Law, 198 McAllister St.

You will receive a private consultation with an attorney who will determine if you have a legal problem. If you need further legal assistance, you will also receive a referral from the attorney to an appropriate agency. Most areas of law, including family, landlord/tenant, business, consumer, wills, personal injury and employment will be covered at the clinic.

More information is available by calling 764-1616. This clinic is not a service of Hastings Law School - please do not call Hastings College.

Festival and Classes at Randall Museum

Located at 199 Museum Way, the Randall Museum offers hands-on Saturday classes lasting 1 to 2 hours at 1 p.m. Space is limited and sign-ups begin at 12:30 p.m. All ages are welcome, but children under eight should be accompanied by an adult. There is plenty of free parking. Call 554-9600 for information.

*May 6: *Tin Can Papermaking* with Kit Cameron. Make your own recycled paper in a variety of colorful shapes. Learn a new craft you can easily do at home. \$4/person.

*May 13: *Festival of the Hill* from 10 a.m. to 2 p.m. Celebrate spring outside on spectacular Corona Heights enjoying activities designed for all ages: wildflower searches, kitemaking, raku firing, live music, dramatic city views of yesteryear and more. Investigate rocks, faults and earthquakes. Discover the mysteries of the hill and some of the creatures that inhabit it in this free event.

*May 20: *T-Shirt Stamping* with Charles Dabo. Make your own t-shirt with plant and animal designs using a traditional African stamping technique.

*May 27: *Life Size Self Portraits* with Kris Wagner. Let the current exhibition in our lobby inspire you to make your own life sized portrait. Use feathers, ribbons, markers, fabric and more. \$4/person.

ALSO ON SATURDAYS

Animal Feeding at 12:15 p.m.; *Free Animal Talk* at 2:15 p.m.; *Golden Gate Model Railroad* every second and fourth Saturdays from 12:30 to 5 p.m.; *Drop-in Ceramics* 10 to 11:30 a.m. through June 10; and *Saturday Science* 11:30 a.m. to 12:30 p.m. through June 17.

Drinking and AIDS

Chemical Awareness and Treatment Services is offering free upon request an article focusing on the relationship between heavy alcohol consumption and increased risk for AIDS, explaining how heavy alcohol use may influence the transmission and effect of the HIV virus. Call 241-1199 to receive this free article.

SATURDAY ARTISTS STUDIO



ALL MEDIA - ALL SKILL LEVELS
10:00 AM - 2:00 PM
VISITACION VALLEY COMMUNITY CENTER
50 RAYMOND AVENUE - NEAR BAYSHORE
467-6400

FACTS ABOUT STROKE

*Stroke is the third leading killer of Americans today, claiming 143,640 people in 1992 in the U.S., 15,111 in California and 3,450 in the Bay Area. But there is hope. From 1982 to 1992, the death rate from stroke declined 27.1 percent.

*On average, someone suffers a stroke in the U.S. every minute; every 3.5 minutes someone dies of one.

*Approximately 500,000 people suffer a new or recurrent stroke each year, and approximately 3,080,000 people who survived a stroke are alive today.

*28 percent of the people who suffer a stroke in a given year are under age 65.

*Stroke is the leading cause of serious disability in the U.S. According to the Framingham Heart Study, 31 percent of stroke survivors need help caring for themselves, 20 percent needed help when walking and 71 percent had an impaired vocal capacity when examined an av-

erage of seven years later.

*The cost of stroke in 1995 is estimated by the AHA at \$21.1 billion. This figure includes the cost of physician and nursing services, hospital and nursing home services, the cost of medications and lost productivity resulting from disability.

*Approximately 10 percent of strokes are preceded by temporary strokes (transient ischemic attacks, or TIAs). A TIA has many of the same symptoms of a stroke but lasts a relatively short period of time (24 hours or less). TIAs should not be ignored; they may signal a problem that could lead to a disabling or fatal stroke.

*New drugs are reducing the damage from stroke. New rehabilitation procedures help patients regain lost skills, and new surgical procedures can remove the build-up of plaque in the artery of the neck, restoring the flow of blood to the brain. Increased research may lead to newer and better detection and treatment methods for stroke.

COMMUNITY BOARDS OF SAN FRANCISCO SERVING VISITACION VALLEY SINCE 1976

Are you involved in a conflict?
Resolve it peacefully at no cost.
For information or assistance, call:
863-6100

SE HABLA ESPANOL

有講粵語工作人員

ST. JAMES PRESBYTERIAN CHURCH 240 Leland Ave., San Francisco CA 94134 (415) 586-6381

The Rev. Dr. Jerry O. Resus, Minister

Church School Classes - 9:15 a.m.
Sunday Worship Service - 10:30 a.m.
Wednesday Bible Study - 11:00 a.m.
Friday Cottage Bible Fellowship - 7:30 p.m.
Saturday Choir Rehearsal - 10:00 a.m.

YOU are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

COME TO CHURCH THIS WEEK



A NEW START HAIR STUDIO

MOTHER'S DAY SPECIAL

Men - Women - Children	
RELAXER/TRIM/STYLE.....	\$45.00
SHAMPOO/HAIR CUT/STYLE.....	35.00
TRIM/WRAP/STYLE.....	30.00
SHAMPOO/PRESS CURL.....	30.00
SENIOR CITIZEN.....	20.00
CHILDREN UNDER 12 YRS.....	20.00
SHAMPOO/BLOW DRY.....	30.00
SHAMPOO/ROLLER SET.....	25.00

MASTERCARD & VISA ACCEPTED

CALL for an appointment
or COME IN

(415) 584-3077
222 Leland Ave.
San Francisco, CA 94134

Joyce Hollins & Plaff

COME VISIT OUR BOUTIQUE
FEATURING AFRICAN DRESS
CASUAL DRESS SPORTSWEAR ACCESSORIES

Wedding of the Waters
By Craig Carrozzi



Having encountered Sandra, a fellow American at the pension where he was staying, adventurer Craig Carrozzi and she have just arrived at a nearby Leticia restaurant.

SANDRA (Part 2)

As we took our seats, I scanned the room again. Ah, now I understand why they stared so much, I thought. Except for the waitresses and that woman in the corner, Sandra is the only woman here. And definitely the only blonde.

Sandra noted my searching inventory and lapped me on the arm. "What do you think? Does it pass?"

"I think this place reminds me of the bars in Piedecuesta."

Sandra blinked and leaned across the table. "Funny you should say that ... In a couple of hours this place will be crawling with people. It's still early, you know. Leticia doesn't even start to wake up until 11 o'clock or later. But then, it goes until dawn..." Sandra leaned back in her chair and eyed me with a thoughtful look on her face. "Hey! What's this Piedecuesta? And how come you know about bars like this?"

Inwardly I chuckled. Maybe she had pegged me as a good, clean-cut kid, I thought.

"Well, uh ... I know about these bars because after 10 o'clock at night in Piedecuesta, the only places to drink are at home or in the bars right down the road from my house. They keep 'em in one area ... Of course, I only go there to drink with my friends."

"Yeah, sure, man. Of course," Sandra snorted like a horse blowing out its nose. "And what about this Piedecuesta?" Where's it at?"

"Oh, it's the *pueblo* (town) where I live in Colombia."

"Never heard of it. And I been all over Colombia."

"It's in the east. Pretty close to Venezuela, maybe six hours from the border by bus." Sandra gazed blankly. "Near Bucaramanga."

"Where?"

"C'mon. Bucaramanga. You must have heard of it."

"Boogeramanga," she drawled, wrinkling her snub nose. "Sounds like a place in Africa - like something east of Timbuktu."

I chuckled mirthlessly. "Everyone says it sounds like a place in Africa. Actually, it's Colombia's fifth largest city; it has about a half-million people and is a nice place. It's famous throughout Colombia because the people there eat these giant, winged ants."

Sandra grimaced and said, "Crawling ants?"

"Yep. They're considered a great delicacy."

"Do you eat 'em?"

"I've tried them. They're not my favorite food."

"So the people eat ants ... That's not much to recommend a place. No wonder I never heard of it."

"There's more. The climate is excellent; the food is varied and good; and the women are pretty."

"Uh huh."

"Bolivar lived there for a while."

"So what? He lived everywhere in Colombia for a while ... Where'd the weird name come from?"

"It was named after an Indian tribe, the Bucaros. They got blitzed by the Spanish with the help of a bunch of German mercenaries. So they made up for it by naming the capital of the region after them."

"Oh yeah," she intoned. "Sounds familiar ... What do you do there? Besides go to the lowlife bars."

"Who me?" I said, stalling while I thought of an answer that would make sense. "Well, I work in a prison for juvenile delinquents. I'm in the Peace Corps ... so I do what I can."

"You're one of those, huh?"

"Yep. I'm one of those. What do you mean by that?"

"You know, one of those goody-goody world savers."

I laughed. "I can see you don't know many volunteers from Peace Corps Colombia."

"I know a few. I knew a few. But anyway, tell me what it's like to work in a prison. Just what do you do?"

"Like I said ... whatever I can. My title is Director of Recreation. But I'm a counselor, too. What else? ... I'm the pet gringo."

"Is it bad?"

"It can be ... Most of the guards are brutal. They carry sticks with braided ropes on the end - and they use them.

But it's not as bad as I imagined. Physically, it's not as cruel as the street. Mentally ... I don't know. I'm used to it now. I guess you can get used to most anything if you have to ... Tell you the truth, though, I really don't want to talk about it. I'm on vacation. I want to forget all about that bull for a while."

"O.K. If it bugs you to talk about ..."

"It doesn't bug me. It's just ... Hey, what's your story? What are you doing here for so long?"

Sandra fastened me with a sharp look. "You get right to the point, don't you? What do you think you are? A cop? Sandra turned away from me, a peeved look on her face, and stared out the door.

The waiter brought our beers. I asked him to wait *un momentico* (one little moment).

"We'd better order now," I said to Sandra. "I got the feeling this guy will be hard to flag down later."

"O.K. I know what I want. How 'bout you? If you like fish, they got some good river stuff here."

"Naw, I had fish on the flight."

The waiter scowled and shifted his feet. Our speaking English made him ill-at-ease; or perhaps he imagined we were commenting on his scraggly excuse for a beard.

"What do you want?" prodded the waiter.

"One moment," I said. I turned to Sandra. "When in doubt, I usually go for chicken. How is it here?"

"Chicken is chicken."

"Not for a poultry fan. The Colombian variety is usually good."

"Whatever," she shrugged. "I'm getting the fish."

I took the chicken with rice and yucca. The waiter scribbled out orders and departed, mumbling under his breath, I understood something about "fool tourists." I smirked at his retreating back. Know how he feels, I thought. This must be a local hang-out, for sure.

I took a sip of beer and turned my thoughts to Sandra. There's something very familiar about her. Not that I know her, but ... she's like a *sixties* era refugee from the Haight-Ashbury. And there's another thing. Her manner of speaking ... it's got some country in it.

I looked at her just as she took a hearty swig of beer. She smacked her lips with gusto and wiped the foam from her mouth with the back of her hand. The image of a girl I knew in college flashed through my mind. I thought about her; her image became a type ... Now I get it, I thought. Sandra reminds me of some of the hard core acid-heads I used to see. Country girls from places like Yuba City or Humboldt or Mendocino who came to the City looking for some excitement. Man, I thought most of them wandered off to the sinsemilla fields in Northern California.

As I thought, Sandra drained her glass. Her cheeks gained a spot of color. She looked at me.

"You speak pretty decent Spanish," I said. "Where'd you learn?"

Sandra's face brightened. "Oh, here and there. I never studied formal. Just kind of picked it up movin' around South America."

"Yeah. How long you been here? In South America?"

"Altogether, about two years."

"Two years! Whereabouts?"

"You name it. But I spent most of my time in Bolivia and Peru. And ... I been all over Brazil, Argentine, Chile, Ecuador, Colombia ... Just about everywhere except Venezuela, Suriname and the Guyanas."

"Wow, I'm impressed. Sounds like you're just the person I've been wanting to talk to. What place did you like best?"

Sandra leaned across the table, her eyes sparkling. "You been to Machu Picchu?"

I shook my head.

"No? Well, you should definitely check it out. It's absolutely spectacular. The mountains are the Inca ruins and all that ... It's ... Man, it's mystical."

"Someday ..."

"And then there's Cuzco; it's such a mellow place. Lots of culture. Lots of artisans. Cool people. I was there for about five months and stayed high just about the whole time. That, along with learning a lot of Spanish."

"That's one way to learn." I chuckled. "But what kind of visa do you have?"

"Just a tourist visa."

"You're kidding."

"No. Seriously. It's no big deal. What happens is when my tourist visa expires in one country, I just cross the border to another and get myself an extension. They usually don't give a damn. Except ..."

Sandra grimaced. "Well, except for Bolivia. They won't let me back in the country."

"Why?"

"Because they say I'm an undesirable alien. They call me a *heapie*. What a sorry joke. Can you believe it?"

"Well ..."

"I mean, the government officials are the ones who control the coke trade. Undesirable, huh? Those hypocritical ..."

I laughed softly as she finished her tirade. Sandra has come alive.

"Maybe you're too much competition for them," I said.

"Huh!"

"You've got a good point about them controlling the drug traffic - some of them. But what the hell. Why hassle with them anyway? There's plenty of other nice spots in South America."

"Why? Because I like Bolivia! It's a gorgeous land ... and the Indians there are really neat. Man, those poor people are so cool. They just live off the land and they never ask me for stupid things like papers or other stuff like that. They just want to live and let live ... And isn't that what it's all about?"

"I wish it were ..."

Sandra interrupted me. In her agitation, she almost knocked over the empty beer bottle. As she talked, she jabbed her head forward to emphasize her points ... This woman is crazy, I thought. But I like what she's done. If Peace Corps hadn't taken me, I would have tried something similar. *Una locura, pues* (a crazy way to go for it). I looked at Sandra with a new respect. I felt a growing confidence between us.

"It I'm not being to personal," I said, "could you tell me how you've been getting by financially for the last few years? I mean, two years is a long time."

Sandra heaved a sigh and gazed vacantly at the wall mural for a moment. Then she turned to me, lowered her voice theatrically and said: "I originally came to South America by connin' my way onto a banana boat. That cost me next to nothing and got me to Lima. I had a fair amount of cash saved and was able to get by for quite a while on it." Sandra paused and ducked her head. "Then there's my mom; she sends me something now and then. And ... occasionally I'm able to get some kind of work - tour guide or translator. Stuff like that."

"Where do you come from originally?" I asked her.

"I'm from Salem, Oregon. Have you heard of it?"

"Very good. What else do you know about it?"

"Nothing. I've seen it on the map."

"Oh. Where you from?"

"San Francisco."

"From the suburbs or from the city?"

"From the city."



Sandra smiled brightly. "That's a coincidence. I used to live there myself."

"How'd you like it?"

"To be honest with you, I really didn't like it there all that much. Frisco is a weird city."

"It's not Frisco!" I admonished, reigning anger. "What didn't you like about it?"

"Well, I lived on Eddy and Leavenworth and ..."

"Hah! No wonder. Living in the Tenderloin ... Scazzville. I wouldn't like it very much either. Why ..."

"Now wait a minute," said Sandra, raising her hand and giving me a wicked smile. "Don't go jumpin' to conclusions. The Tenderloin wasn't all that bad. What really got me was the damn depressing fog in the middle of summer." She sniffled at the memory. "And those damn hills everywhere."

"Some people like those aspects of the place ..."

Sandra brushed a few strands of hair from her eyes and asked, "What part of Frisco ... uh, San Francisco did you live in?"

"The inner Mission district."

"The Mission!" Sandra giggled. "Say, you are a fine one to be talkin' about lousy neighborhoods. The Mission. Man, I got hassled there more than anywhere else in the City. Now I understand why you're such a wiseass."

I flushed beet red. "O.K., now you hold on a minute. For your information, the Mission probably has the best weather in the City. And when I was growing up, it was a real community oriented place. We all looked out for each other and took care of business. You had to live there - not just pass through. Besides," I said in a calmer tone, "considering the position I'm in now, I couldn't have grown up in a better place."

"What do you mean?"

"I mean, I was already used to *latino* culture and there was all this graffiti scribbled around the neighborhood, which is how I learned many of my Spanish cuss words. I tell you, growing up there prepared me for Colombia. And for Latin America in general."

"Is that so?" said Sandra in a smug voice, pleased with herself for irritating me. "Well, I still got hassled there more than anywhere else. I got sick of hearin': Hey baby, I got some good stuff for you. What you got for me?"

I laughed. "What do you expect? They looked at you and figured flower child. Free and easy love. Just like here, probably."

"Hey, man, I don't go with just any slime ball."

"Relax. I'm not saying you do; I'm talking about people's conceptions. How long were you in San Francisco?"

"Over six months."

"You must have liked something there."

"I didn't have the bread to get out." Sandra gave me a grudging smile. "It was all right; it just wasn't what I expected."

"It usually isn't. The Summer of Love ended a long time ago, it it ever existed to begin with."

"Anyhow ... what brings you to Leticia?"

"Actually, it's not Leticia that I'm so interested in. I want to take a boat down to Manaus and see a bit of the jungle. I'm not exactly sure how to go about it, but everyone has been telling me that Leticia is the jump-off point. My main problem is that I'm working with limited funds."

I studied Sandra's face, gauging the effect of my last admission. She showed nothing.

"You came at a bad time," she said.

"Why?"

"Because the tourist Recreio to Manaus left yesterday. And the way things are around here ..." Sandra shrugged her shoulders. "Who knows when the next passenger boat will come around. Bad luck."

She doesn't exactly sound broken-up about it, I thought.

"How much time d'you have?" she asked.

"I have about three weeks - give or take a few days. I'm supposed to be back at my job site by January fifth."

"Three weeks? That's not very long."

"Tell me 'bout it."

Sandra leaned forward and looked me in the eye. "Can I make a suggestion?"

"What?"

"I think you'd be better off hangin' around here instead of goin' to Manaus. Maybe catch a boat for Iquitos, Peru, which is a much shorter trip."

"Oh yeah?"

Sandra paused for a moment to mull over her thoughts.

Why would I be better off here?"

"Truth is," she said, "if you really want to see jungle and natives, Brazil ain't the place to be. There's better opportunities in Colombia and Peru because they haven't developed their part of the Amazon as much as Brazil has."

"I'd have to see that for myself."

"I'm tellin' you, man! I been up and down the Amazon. From here to Belem and back again. And from here

See Next Page

VISITACION VALLEY COMMUNITY CENTER

SENIOR PROGRAM

Funded by the S.F. Commission on the Aging

Open 365 Days a Year

Lunch Served Every Day

SENIOR BINGO	SEWING
HOLIDAY CRAFTS	BLOOD PRESSURE
SENIOR COUNCIL	CERAMICS
DAY OUTINGS	BIRTHDAY PARTYS
OVERNIGHT EXCURSIONS	POTLUCKS
RENO TRIPS	HOLIDAY CELEBRATIONS

66 Raymond Ave. 467-4499

Pat Crocker : Director

Visitacion Valley Dental Office

Albert Kuan, D.D.S.

訪各牙醫 通曉粵語
閩博士 請預約

10% Senior Discount

37 Leland Ave., San Francisco, CA 94134

Monday thru Friday 9 a.m. to 5 p.m.
Saturday 9 a.m. to 1 p.m.

Phone 239-5500 for an appointment

Cantonese Spoken

Wedding of the Waters

From Previous Page

to Iquitos and back several times ... I been explorin' up inlets and I've slept in Indian villages. I know what I'm talkin' about."

"Congratulations. But what's that got to do with me going to Manaus? I don't have time to go everywhere."

"Then listen to me. I seen some nasty stuff. The Brazilians are ripplin' the hell out of the Amazon Basin. Searchin' for oil ... Clearin' the land for lumber and to start giant cattle ranches. It's horrible, men. The Amazon Rainforest is the largest oxygen supplier in the world. The idiots should stop and think about what they might be doin' to the earth's atmosphere. But do they? No! All they can think about is bein' just like the United States. They want their own plastic paradise. You want to look at that crap?"

"Now hold on a minute, Sandra. You forget that Brazil has a lot of hungry mouths to feed. They got people starvin' in the Northeast during drought years ..."

"Then they should develop the Northeast and leave the jungle alone."

"O.K., fine. That's easy to say. But maybe the Northeast doesn't have the resources. Your moralizing won't feed anyone ... But cattle can. And oil can generate income for further development which will create jobs and income for poor people."

Sandra's countenance glowed with a rosy fanaticism. "You sound like a commercial! Is that what you think happens?"

"You tell me."

"What happens is that a few people get rich and most of the beef gets exported. Not to mention that the Amazon could turn into another Sahara Desert." Sandra jabbed a finger toward my chest. "Listen, buddy, I seen things you wouldn't believe."

"Like what?"

"For example: there's an American in some province, I can't remember the name, that's got his own private fiefdom as big as some states."

"Yeah, so what? What's he do?"

He strips away virgin jungle and makes cattle ranches that produce for maybe two years - then nothing! He leaves the ground bare and leached. He runs the place like a dictator. With the blessings of the Brazilian Government, of course. So long as they get their dirty cut." Sandra took a deep breath. "And what about the natives? Well, if they don't die from diseases brought by the Brazilians ... they just seem to disappear one way or another. Do you believe that?"

"Sure, Sandra, I believe you. It's no great secret. I've read about the same thing in major American magazines and in the Colombian newspapers. But who's going to do anything about it? Brazil's population is expanding too fast; you can't tell some guy who's family is dying of hunger not to go somewhere where his life might be better. He's got nothing to lose. If you tell him that clearing a small plot of land might contribute to the end of humanity, well, what's that mean to him? His world is ending in front of his eyes, not theoretically. He's looking out for himself and his own."

"The U.S. Government could do something about it. They could threaten to cut off the money if Brazil doesn't get its act together."

"Sure, And the Brazilian Government just says *who are you to point a finger after what happened to your Indians not so long ago*. C'mon Sandra, be realistic. Brazil wants to become a world power, too. They're going to open up their frontiers no matter what stands in their way."

The veins stood out on Sandra's neck; she seemed on the verge of an apoplectic fit.

National Park Service Events

Call for reservations and information.

FORT FUNSTON

"From the Birds to the Bees - The Story of Flight" 2 p.m. May 20 (558-8842 for directions).

"Going Native! Learn how to propagate native plants, 10 a.m. May 13 (558-8842).

"Hike to Bank Swallows: Observe threatened cliff bird nesting, 10 a.m. May 27 (558-8842).

"History Talk: Learn what Fort Funston was like, 2 p.m. May 8 (558-8842 for directions).

FORT POINT

"Pier Crabbing: Learn about equipment, bait (50 cents fee) and regulations, 2 p.m. May 9 (558-0865).

OCEAN BEACH

"Adopt-a-Beach: Help clean Ocean Beach, 10:30 a.m. May 21 (239-2366).

"Beach Party Campfire: Bring marshmallows to Lincoln Way and Great Highway 7:30 p.m. May 20.

PRESIDIO

"Architecture and Cultural Landscapes" 1 p.m. May 20 (558-0865).

"Back to the Future: Walking tour of the Presidio, 1 p.m. May 12, 15; 10 a.m. May 7, 28 (558-0865).

"Beyond Chumming Butter: What life was like in the Presidio for the non-soldier, 2 p.m. May 14 (558-0865).

"Cemetery Walk: Tour the S.F. National Cemetery, 10:30 a.m. May 29 (558-0865).

"The Last Gun: Demonstration of the last operational gun of its kind, 10 a.m. May 8, 7 (558-0865).

"Mountain Lake to Fort Point Hike: 10 a.m. May 13 (558-0865).

"The Next Generation: Introduce children to the lore of wildflowers, 2 p.m. May 13 (558-0865).

"On Shaky Ground: 1906 Earthquake at the Presidio Museum, 3 p.m. May 21 (558-0865).

"Streets of the Presidio: How Presidio streets were named, 1 p.m. May 27 (558-0865).

"A Walk on the Wild Side: Learn about plants, animals and geology, 10 a.m. May 14, 21 (558-0865).

"Dammit! Whose side are you on, anyway?"

I chuckled softly. Then I quickly assumed a sober face as Sandra looked ready to throw her glass at me. That's all, I thought. I got her going enough.

"I'm sorry," I said. "I didn't mean to upset you. I have the bad habit of playing the Devil's Advocate; I argue for the fun of it ... Understand, I'm sympathetic to what you're saying. I agree with you. Development is a tricky business. The dangers are very real. A person involved in development can sincerely believe they're doing good without having a clue as to the long-term damages that are occurring. Not to mention the cynical bastards that are openly in it for the personal gain and damn the consequences ... But, I don't know. It's tough. I can't see a clear right or wrong; you have to balance the good against the bad. Somebody is going to suffer."

"You make it harder than it is," said Sandra. "If we could just get rid of some of these guys and change the system, then things would work out."

"Would it? I used to think so, too. Now I'm not so sure."

"Why?"

"Because, and it took me a long time to realize it, there are always certain people who have the ability to manipulate other people; you know, the so-called leaders of men. I used to think that political systems could make a difference - but noy anymore. To me, one is as good or as bad as another - they're all run by human beings. Human beings with all the human frailties - greed, lust for power, ambition, jealousy. And the good qualities, too. But I don't see how systems alter the basic character of man. Man makes the systems, most of them are ideally good; but a very strong person can make over and distort a system in his own image."

"Man, you are too negative," said Sandra, shaking her head.

"Negative? I don't think so; I'm making a positive statement. I don't like wearing blinders. It's too easy to blame an abstract system for all the world's ills, not to mention my own. I don't want an ideology. I don't want to be a sheep. I dread the day when I no longer question the established order of the day in the name of duty. Yeah, duty is a convenient word - with that word you don't have to accept individual responsibility for your own actions."

Sandra was gazing at me in amazement.

Crossword Solution

From Page 6

M E L T * * B A R N
A T O N * * A N D Y
* * C A R R O T * *
* * K * B I B * *
A R E A * * A C R E
C U R B * * B O A R
* * O W N * L * *
I * * B A R R E L * *
O D O R * * M A T E
R O A D * * U R A L

VISITACION VALLEY GRAPEVINE - MAY 1995 - 5

ment. My brain was on fire. My thoughts seethed.

"How old are you?" asked Sandra. "24 going on 25."

"What makes you think you know so much? I'm 30. I don't think I have all the answers."

"Neither do I. But I came to these conclusions on my own after a lot of thought. I don't want a ready-made philosophy of life."

"What do you want?"

"I want to be able to live my life, making my own decisions about things, with as little interference as possible from the people in control."

"Now I get you, man. You're all for yourself."

"No. Because I want the same right for everybody else. I'm never going to tell anyone else what they need to be happy. You understand?"

"Not exactly."

"Look, in my case, I'm not that materialistic. I can get by on relatively little and I feel content as long as I have free time to think and do the simple

things I like. To me, a lot of things are an encumbrance ... but other people don't feel that way. Fine, I don't care. They can do what they want, as long as they don't mess up my thing."

Sandra shook her head and gave me a sad smile. "You got a lot to learn, kid. They'll mess up your thing."

"Did they mess up yours?"

Sandra gave me a sharp look and guarded silence. She gazed sullenly at the residue of foam in her mug. Did it again, I thought. Mr. Tactful. Or maybe my argument disturbs her. What the hell, so the world's a mess. Probably always has been. Well, brighter minds than ours have been stumped by the mysteries and problems of existence ... Bring on the food and drink and we can watch Rome burn together.

The waiter arrived, rescuing us from our uneasy silence with two lukewarm plates of food. No need to exchange theories now, I thought. Just dig in and grub.

Continued Next Month

Clean Air Awards Presented at Luncheon

A blue ribbon panel assembled by the American Lung Association of San Francisco and San Mateo counties conferred awards April 28 at the fourth annual Clean Air Awards Luncheon.

Innovative and new perspectives were the hallmark of those chosen from among scores of nominations for clean air activists, practitioners and researchers. Clean Air Award recipients in four categories for 1995 include:

"Christine Lewman of Franklin Resources for developing and promoting innovative commute alternatives for 2,600 employees at four San Mateo county worksites.

"Rodney Rau Beard, M.D., M.P.H., Stanford University for contributing to

the scientific understanding of the health effects of air pollution.

"Norcal Waste Systems, Inc. for introducing low emission/ compressed natural gas powered recycling trucks into their fleet.

"California State Automobile Association and Pacific Gas & Electric Company for developing one of the most energy efficient commercial office buildings ever constructed in the U.S.

Visitacion Valley Task Force

...invites Valley residents to its next meeting
May 27 at 10:30 a.m.
at the St. James Presbyterian Church
240 Leland Ave.

FATHERS DAY SPECIAL

Indulge Yourself! Join us

on: SUNDAY, MAY 21ST
10:00 AM TO 5:00 PM

for an incredible Glamour Makeover and Photo Session you will remember!



Your Session includes

- Glamour Cosmetic Makeover
- Professional Hair Enhancement
- Draping with wraps, boas, jewelry
- Private Glamour Photo Session
- Five poses, Ten shots
- Free 10x13" wall-size color portrait of you (from your first pose)
- Just in time for Fathers' Day!

Only \$29.95

Sessions by Appointment Only! Allow 1 Hr.

Appointments Limited! RESERVE NOW!

Sponsored by

Joyce Hallins
A New Start Hair Studios
222 Leland Avenue
San Francisco, Ca 94124

(415) 584-3077

Photography by Austin Allen Glamour Studios

BINGO
AT VVCC

66 Raymond Ave. (at Bayshore)
San Francisco

Sunday Afternoons at 1 p.m.
Doors Open at 11:30 a.m.

BIG PAYOUTS EACH GAME

2 Pad Minimum: \$13
3 for \$15, 4 for \$20



Puzzler: S.F. Elevations Pt. 2

ANZA HILL	W	U	O	D	I	A	T	S	I	V	A	N	E	U	B
BUENA VISTA HEIGHTS	O	N	K	I	G	M	H	T	R	O	T	N	D	O	F
CASTRO HILL	N	I	Y	A	P	R	E	S	I	D	I	O	G	D	O
CITY COLLEGE HILL	K	V	I	N	D	H	Y	E	S	S	W	B	E	E	R
CORONA HEIGHTS	S	E	N	M	G	P	A	S	H	S	O	N	H	G	E
EDGEHILL HEIGHTS	S	R	Y	S	D	E	N	T	H	F	H	L	I	E	S
FOREST HILL	W	S	R	O	I	S	R	E	O	M	W	O	L	L	T
HOLLY HILL	N	I	R	R	R	O	R	L	S	O	E	C	L	L	S
IRISH HILL	O	T	E	T	N	J	E	E	F	R	O	N	H	O	T
LARSEN PEAK	S	Y	B	S	E	T	B	G	I	T	A	I	O	C	H
LINCOLN HEIGHTS	D	M	W	A	R	N	W	R	P	U	N	L	L	Y	G
MCLAREN RIDGE	I	O	A	C	A	I	A	A	N	S	Z	N	L	T	I
MOUNT DAVIDSON	V	U	R	N	L	A	R	P	S	T	A	K	Y	I	E
MOUNT SAINT JOSEPH	A	N	T	O	C	S	T	H	A	N	O	R	O	C	H
NOB HILL	D	D	S	V	M	E	S	U	S	S	A	N	R	A	P
PARNASSUS HEIGHTS															
PREBUDO HEIGHTS															
STRAWBERRY HILL															
SUTRO HEIGHTS															
TELEGRAPH HILL															
UNIVERSITY MOUND															

THIS MONTH IN S.F. HISTORY

- MAY
- 1: In 1974, Muni inaugurated the Fast Pass, providing unlimited access to its buses and streetcars. In 1992, Mayor Frank Jordan declared a second night of curfew in the City to prevent noting and looting which plagued the downtown area the previous evening, one day after the Rodney King beating trial concluded.
- 2: In 1923, the Embarcadero Subway, a two-lane underpass built to speed traffic by the Ferry Building, was completed. Also that day, the original Kezar Stadium, built in part with a donation from a generous donor, first opened its gates.
- 4: In 1850, an early morning fire burned a large portion of the City's business district, causing nearly \$5 million in damages. In 1951, exactly one year later, an even larger fire started at 11 p.m. in a paint store, burning almost 2,000 structures in 10 hours, and causing losses in excess of \$11 million. Remarkably, the DeWitt and Harrison warehouse was spared with the use of 80,000 gallons of vinegar.
- 5: Failing financially in his attempt to publish a penny tabloid, Cornelius Vanderbilt, Jr. closed his San Francisco Illustrated Daily Herald in 1926.
- 6: In 1856, the S.F. Chamber of Commerce was organized.
- 9: In 1882, the Telegraph Hill Railroad Company was established. Three counter-balance cars operated on a three-block single-track line with turnouts on Greenwich St. from Powell St. to an observatory atop Telegraph Hill. In 1958, the last of Muni's two-man streetcars made their final runs, replaced the next day by newer one-man PCC streetcars.
- 11: In 1855, the El Dorado, largest and most respected gaming house in the City, closed its doors upon passage of anti-gambling state legislation.
- 14: In 1856, James King of William, outspoken editor of the Evening Bulletin, was shot to death in a duel with James Casey, publisher of the Sunday Times, in one of the most famous altercations in S.F. history. Casey, perturbed by a Bulletin item identifying him as a one-time Sing-Sing inmate, was executed by vigilantes eight days later.
- 16: In 1872, Metropolitan Gas Company street lamps were first lit.
- 23: In 1956, the World Trade Center, located in the Ferry Building, was dedicated.
- 24: In 1987, pedestrians packed the Golden Gate Bridge - closed to motor vehicle traffic for several hours - in celebration of its 50th birthday.
- 25: In 1940, the Golden Gate International Exposition on Treasure Island opened its second season. In 1948, San Franciscans received their very first telecast.
- 26: In 1958, a plaque dedication honoring John Geary, the first mayor of San Francisco, was held in Union Square, an event marking the downtown park's dedication as a state historical landmark.
- 27: In 1854, a marine telegraph line was completed from Fort Point to the downtown area. In 1937, after four years of construction, thousands of pedestrians crossed the newly built Golden Gate Bridge on its opening day.

Mayors of San Francisco

ART AGNOS

"Read my book," said mayoral candidate Art Agnos in the late summer of 1987 of *Getting Things Done*, his 90-page paperback detailing a plan for more efficient urban living and better city government. And read the voters did, soon propelling the then state assemblyman to a decisive 70 percent victory over Supervisor John Molinari in a December 8 runoff election later that year.

Born September 1, 1938 to Greek immigrant parents in Springfield, Massachusetts, Agnos grew up working in his family's sundries and tobacco business before serving in the US Army 1961-63, finishing a history degree at Bates College of Maine in 1964, and completing higher education at Florida State University in 1966. He arrived in San Francisco by bus later that year at the age of 28 to begin employment as a social worker.

Agnos entered politics in 1969 as a consultant to Assemblyman Leo McCarthy, becoming McCarthy's chief of staff in 1974 and succeeded him in 1978 as 16th District Assemblyman. He married wife Sherry in 1975 and they have two sons.

In the November 3, 1987 mayoral election, Agnos received 48.2 percent of the vote to Supervisor John Molinari's 24.9 and 21.7 for Roger Boas, a former chief administrative officer, forcing a runoff the following month. He took office January 8, 1988 as San Francisco's 39th mayor.

During his single term at City Hall, Agnos struggled to close a large deficit in the municipal budget while working to revive the City's floundering fishing industry, along with planning a Fisheries and Environmental Research Center at the Embarcadero through his authored legislation. He was constantly mobile during the October 17, 1989 Loma Prieta Earthquake, making sure necessary food, supplies and

Bump, the Grump



GRAPEVINE CROSSWORD

Solution on Page 5

ACROSS	2	2	3	4	5	6	7	4
1. Liquidate	9				10			
5. Stable								
9. Molecule								
10. Rooney			11		12	13		
11. Vegetable								
14. Special			14		15			
15. Apron								
19. Landholding	16	17		18		19	20	21
23. Hamper	23					24		22
24. Hog								
25. Possess								
28. Taraval				25	26	27		28
29. Reg								
31. Stink								
33. Pair								
36. Street								
37. Russian Mts.	31	32				33	34	33
	36					37		
DOWN								
1. Massachusetts								
2. Eastern Time								
3. Hutch								
4. Trademark								
approval								
5. Old world tree								
6. Insect								
7. Road (ab)								
8. Big Apple								
12. Rubidium (ab)								
13. Rhode Island								
16. Current								
18. Onto								
20. Shackles								
21. Radium (ab)								
22. Emergency Room								
23. Act								
26. Wide Receiver								
27. Near (ab)								
29. Snake								
30. Rhea								
31. Either								
32. Act								
34. Tantalum (ab)								
35. Elevation (ab)								

Hello, I'm from The San Francisco Recycling Program

by David Assman
San Francisco Recycling Program, with special contribution from Ixayan Baez, a senior at Immaculate Conception Academy

This spring, the San Francisco Recycling Program is launching the *ReThink Recycling* program to increase recycling participation throughout the City. This program follows on the heels of the very successful summer effort which promoted recycling to the southern half of the City in the Bayview/ Hunters Point, Excelsior, Mission, OMI and Visitacion Valley. During the three month effort, the volume of recyclables collected in these neighborhoods alone increased by 20,000 pounds.

To repeat that program's success, the Recycling Program has again asked San Francisco youth to help deliver its recycling message to residents through a phone banking operation. Three nights a week, nine city youth call residents to tell them about the recycling program and how they can earn *Recycling Appreciation Awards* just by recycling. Although the youth have been phone banking for only two weeks, they have already talked to more than 2,000 city residents. Over the next few weeks, the phone bankers will talk to 10,000 residents about recycling. That's a lot of calling!

All the youth are finding out that the job is much more challenging and de-

manding than just talking on the phone. Most of the time on the phone is devoted to explaining how the recycling program works, what residents can recycle, and answering individual questions or concerns about recycling. By getting direct feedback, the recycling program is better able to make recycling as easy as possible for city residents.

One of our phone bankers, Ixayan, who is a senior at Immaculate Conception Academy, gave us a glimpse of what it's like being on the front lines for the Recycling Program.

"Hi, my name is Ixayan. I'm calling from the San Francisco Recycling Program. Did you know you can now recycle both number 1 and number 2 plastic bottles?" That's just what I say when calling residents in the Sunset and Richmond districts to tell them about recycling.

Talking on the phone is what comes so naturally to many teenagers, including me! I never thought my new job could be so interesting! I am working with the San Francisco Recycling Program and Chinese Progressive Association in promoting recycling in San Francisco. We are helping residents to *ReThink Recycling*, especially for those few residents who don't recycle or do not know how recycling is not only good for the environment, but can also decrease their garbage bills.

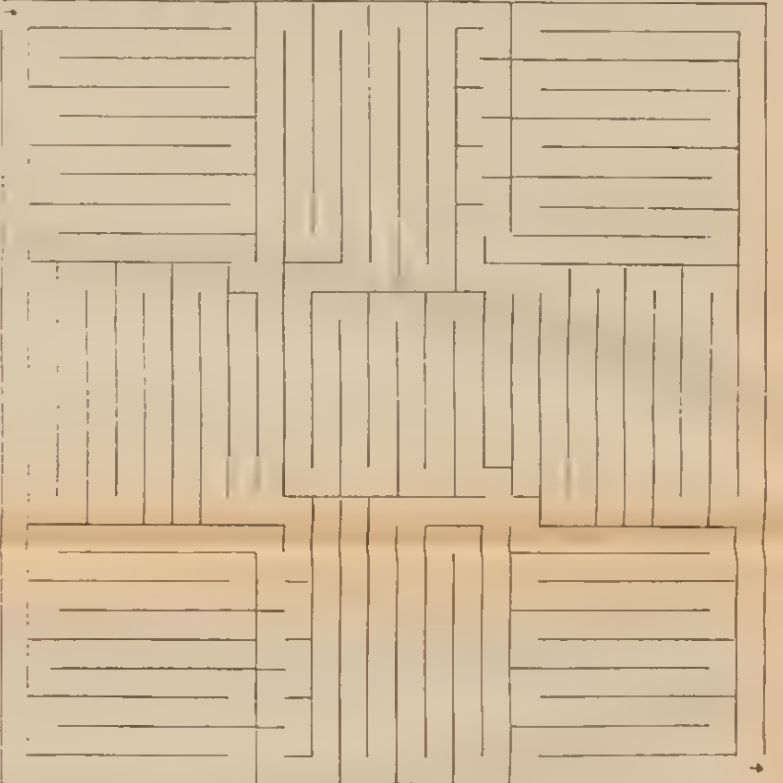
Some of the people we call already know the 12 kinds of materials they can recycle. And boy, it's a long list! Everything from junk mail to cereal boxes. But even for the environmen-

tally conscious - super recyclers - we tell them that they can now recycle recycle "all number 1 and number 2 plastic bottles!" Occasionally, people say recycling is not necessary. Hey, what reason could there be against recycling, especially if the City of San Francisco is offering free bay cruises, gift certificates, tickets to Cobb's Comedy Club - and more!

Calling S.F. residents and filling out a survey for the information the recycling program needs cannot be categorized as the waste of time many parents would say teenage phone conversations are! I know that I can help the City strengthen its recycling efforts by understanding what is working and what needs to be improved. So what residents tell me is important. Matter of fact, I find that residents really want to tell me about how and what they recycle. So much so sometimes it's hard to get off the phone. But that's OK because I also see my job as a form of community service - it's like being a recycling ambassador. I'm glad that along with the others working for this cause, I can feel I am making a difference to conserve our City's resources and reduce our waste.

So this spring, join with Ixayan and the other members of the *ReThink Recycling* phone bank team and recycle. You should have received a mailing listing recyclable items and other information about recycling last month. If you did not, or if you would like more information about recycling or the special recycling promotions, call the S.F. Recycling Program's 24-hour hotline at 554-6193.

MINUTE MAZE



Flea Fighting Booklet

A single flea and her descendants can produce a quarter of a million fleas in just 30 days. San Francisco SPCA offers animal lovers a fighting chance against the opposition with the *Fleamond Fighting Gazette*, winner of the ASAE Golden Circle Award.

This booklet contains tried and true methods for eradicating fleas on your pet as well as in your home and yard, and also explains how to prevent flea infestation. Call 554-3050 to receive a free copy.

medical treatment reached destinations.

Facing three major candidates during the mayoral election of 1991, Agnos came in second behind former S.F. Police Chief Frank Jordan, Supervisor Angela Alioto and Assessor Richard Hongisto. He lost against Jordan during the December 10 runoff, 98,491 votes to 90,875, by a 52 to 48 percent margin.

Agnos is currently a regional director for the Office of Housing and Urban Development (HUD).

Book Review

Mister Ed and Me by Alan Young, with Bill Burt; St. Martin's Press, New York; paperback; 208 pgs.; \$13.95.

Just in case your reading material has gotten a little dull lately, take a glimpse at the lighter side as Wilbur from Mr. Ed - fresh from his supporting role as Filby in the *Time Machine* - tells the complete story of "A horse is a horse, of course, of course," which aired Sunday nights on CBS from 1961-66.

Plenty of great pictures accompany a work Alan Young dedicates: "...in memory of my dear buddy, Mr. Ed," who lived to the late 1970s. "Even though we seldom spoke off the set and never double-dated, we loved and respected each other's private lives. I never inquired into his affairs, and he never stuck his nose into mine."

Ole - Frito-Lay

A Story about a Good Guy

Rene Champagne tells this story. He was driving his car down the street here in Visitacion Valley, when he saw VVCC Childcare staff Michael Jones and Gloria Williams walking with their two-year-old charges holding on to the walking rope. They were preparing to cross the street at the intersection where Rene was waiting with his car. Approaching the intersection from another direction was a Frito-Lay truck, whose driver stopped and waved for the kids to cross ... and that he would wait for them. So they all crossed together while Rene and the Frito-Lay driver waited smilingly at the crosswalk.

After the kids all crossed, the Frito-Lay man honked his horn and motioned Michael to approach his truck. When Michael walked over, the driver handed him two big bags of chips for the kids. What a sweet gesture ... and good PR for Frito-Lay.

We don't know your name, but good work, guy! Thanks, from Michael, Gloria and the kids! -JK-

RECIPE CORNER

CHICKEN BIG MAMOUU ON PASTA

6 quarts hot water; 3 tbsp. salt; 2 tsp. dried thyme leaves; 1 tsp. white pepper; 1/2 tsp. dried sweet basil leaves; 4 tbsp. unsalted butter; 4 med. garlic cloves, peeled; 3 1/4 cups rich chicken stock (To make a rich chicken stock, strain the basic stock - about 6 1/2 cups - then continue simmering it until evaporation reduces the liquid by half); 1 tbsp. Tabasco sauce + 1 tsp.; 2 tbsp. sugar; 1 1/2 tbsp. salt; 1 1/2 tbsp. garlic powder; 1 tsp. black pepper; 1/2 tsp. dried sweet basil leaves; 1/4 cup vegetable oil; 1 1/2 lbs. fresh spaghetti (1 lb. dry); 1 1/4 tsp. ground cayenne pepper; 3/4 tsp. black pepper; 1 lb. unsalted butter; 1 cup onions, chopped very fine; 2 tsp. minced garlic; 2 tbsp. Worcestershire sauce; 2 cans tomato sauce (16 oz.); 2 cups green onions (chopped very fine); 1/2 tsp. white pepper; 1 1/4 tsp. ground cayenne pepper; 1 tsp. cumin (optional); 2 lbs. boneless chicken (dark meat, cut into 1/2 inch cubes).

Place in the hot water, oil and salt in a large pot over high heat; cover and bring to a boil. When water reaches a rolling boil, add small amounts of spaghetti at a time to the pot, breaking up oil patches as you drop the spaghetti in. Return to boiling but do not overcook.

To test doneness of spaghetti, cut a strand in half near the end of cooking time. When done, there should be only a speck of white in the center, less than one-fourth of the diameter of the strand.

During this cooking time, use a wooden or spaghetti spoon to lift spaghetti out of the water by spoonfuls and shake strands back into the boiling water. (It may be an old wives tale, but this procedure seems to enhance the spaghetti's texture.) Then immediately drain spaghetti into a colander; stop cooking procedure by running cold water over strands. (If you used dry spaghetti, first rinse with hot water to wash off starch.) After the pasta has cooled

thoroughly - about 2 to 3 minutes - pour a liberal amount of vegetable oil in your hands and toss spaghetti. Set aside still in the colander.

Meanwhile, thoroughly combine the seasoning mix ingredients in a small bowl and set aside.

In a 4-quart saucepan, combine 1-1/2 sticks of the butter, the onions and garlic cloves; saute over medium heat 5 minutes, stirring occasionally. Add the minced garlic and seasoning mix; continue cooking over medium heat until onions are dark brown, but not burned, about 8 to 10 minutes, stirring often. Add 2-1/2 cups of the stock, the Worcestershire and Tabasco; bring to a fast simmer and cook about 8 minutes, stirring often. Stir in the tomato sauce and bring mixture to a boil. Then stir in the sugar and 1 cup of the green onions; gently simmer uncovered about 40 minutes, stirring occasionally.

Heat the serving plates in a 250F oven.

Combine the ingredients of the chicken seasoning mix in a small bowl; mix well. Sprinkle over the chicken, rubbing it in with your hands. In a large skillet melt 1-1/2 sticks of the butter over medium heat. Add the remaining 1 cup green onions and saute over high heat about 3 minutes. Add the chicken and continue cooking 10 minutes, stirring frequently. When the tomato sauce has simmered about 40 minutes, stir in the chicken mixture and heat through.



To finish the dish, for each serving melt 2 tablespoons butter in a large skillet over medium heat. Add one-sixth of the cooked spaghetti (a bit less than a 2 cup measure); heat spaghetti 1 minute, stirring constantly. Add 1-1/4 cups chicken and sauce and 2 tablespoons of remaining stock; heat thoroughly, stirring frequently. Remove from heat.

Roll spaghetti on a large fork and lift onto a heated serving plate.

Repeat process for remaining servings.

Serves 6.

-from Paul Prudhomme's Louisiana Kitchen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEADLINE MAY 20 FOR JUNE ISSUE	1 11:30am VVCC Senior Shopping Day	2 12:30pm VVCC Senior Bingo	3	4 11:00am VVCC Senior Council Meeting 7:00pm RORBS meeting	5 12:00pm VVCC Seniors - Painting Classes	6 10:00am Saturday Art Class 50 Raymond
7 1:00pm VVCC Bingo	8 11:30am VVCC Seniors Shopping Day	9 12:30pm VVCC Senior Bingo 4:00pm VVCC Board Meeting 4:30pm Sunnydale Tennis Meet 7:00pm El Dorado N.B.C. Meeting	10 6:00pm Executive Park Advisory Committee	11	12:00pm VVCC Seniors - Painting Classes	13 10:00am Saturday Art Class 50 Raymond VVCC Annual Meeting & Elections
14 1:00pm VVCC Bingo  Mother's Day	15 11:30am VVCC Seniors Shopping Day	16 12:30pm VVCC Senior Bingo	17	18	19 12:00pm VVCC Seniors - Painting Classes	20 10:00am Visitation Valley Arts Festival & Street Fair
21 1:00pm VVCC Bingo	22 11:30am VVCC Seniors Shopping Day	23 12:30pm VVCC Senior Bingo	24	25 9:00am USDA Surplus Food Distribution Day at VVCC	26 12:00pm VVCC Seniors - Painting Classes	27 10:00am Saturday Art Class 50 Raymond 10:00am Visitation Valley Tribute at 240 Leland
28 1:00pm VVCC Bingo	29 11:30am VVCC Seniors Shopping Day  Memorial Day (Observed)	30 12:30pm VVCC Senior Bingo	31	City Meetings: Aging-1st Wed 9:30 am; Airport-1st & 3rd Tu 3 pm; Arts-1st Mon 3 pm; Education-2nd/4th Tu 7 pm; Health-1st/3rd Tu 3 pm; Housing Author- ity-2nd/4th Th 4 pm; Human Rights-1st/3rd Th 4:30 pm; Library-1st Tu 5:30 pm; Planning-Th 1:30 pm; Po- lice-Wed 5:30 pm; Port-1st Tu/3rd Wed 4:30 pm		

Fromm Institute Celebrates 20 Years

Fromm Institute for Lifelong Learning will celebrate its 20 year anniversary on May 6 with a luncheon and program at the Sheraton Palace Hotel featuring a series of mini-lectures in the fields of art, literature, science, history and politics by professors emeriti at the Institute.

Located at the University of San Francisco campus, the Institute was established by Alfred and Hanna Fromm as a university for retired persons over 50.

GRIPES ABOUT PG&E?

If you are unhappy with PG&E's performance, you may communicate your concerns to the following persons:

*Neal J. Shulman, Executive Director, California Public Utilities Commission, 505 Van Ness Ave., San Francisco, CA 94102, (415) 703-1487
*Stanley Skinner, President, CEO, PG&E, B32, P.O. Box 770000, San Francisco, CA 94177, (415) 973-2000.

"The idea was a brainchild sparked by the tragic trend of retired folk getting bored with life, staying home, and then just dying," said Hanna Fromm. "Continual learning is a way to keep the blood going and life living."

A pioneer in providing affordable, quality education for retired students taught by retired professors, Fromm Institute has served as a model for other institutions in the U.S. and other countries. Three times a year, eight-week courses are offered in such diverse fields as economics, education, English, film, geology, history, law and music.

Committed to serving the community, the Institute requires an applicant to possess for admission only the desire to learn. Scholarships are always available to students who need them.

For more information, contact Robert Fordham, director at 666-6805.

Free Gift Wrapping

El Camino High School students, teachers and parents will be wrapping any Mother's Day gift for free May 6 and 7, 12 and 13 at Tanforan Park from 12 noon to 6 p.m. on the upper level near Sears.

City Government Guide from League Of Women Voters

Best known for their non-partisan voter guides and televised political debates, San Francisco's League of Women Voters recently published an indispensable guide to the City's local government, edited by Ellen Israel.

Inside City Hall: A Guide to San Francisco City and County Government comes on the heels of City Hall's temporary relocation to other buildings and includes new phone numbers, addresses, and meeting times and places for appointed and elected officials, city and county departments, and all boards and commissions. It describes:

- *How to appeal property tax assessments;
- *Who to write to complain about potholes;
- *Where to go to get a residential parking permit; and
- *What services are provided for the elderly.

Opening with a short, but fascinating history of San Francisco's government, the \$12 paperback details transformation of the City Charter from its earliest form to current size. It goes on to provide an organization chart for the current city government, a description of the City's budgeting process, and information including salaries on just about any agency a citizen might need to contact.

New Brochure Helps Consumers Meet Food Recommendations

Following a healthful diet doesn't have to mean giving up favorite foods and drinks - it's a matter of making choices. A new consumer brochure shows how to balance a variety of foods in moderate portions, meet the Food Guide Pyramid recommendations and add regular physical activity for a healthy lifestyle.

The Food Guide Pyramid: Your Personal Guide to Healthful Eating emphasizes the basic tenants of a healthful diet - balance, variety and moderation in a brochure developed by the International Food Information Council (IFIC) Foundation, the Food Marketing Institute (FMI) and the USDA Center for Nutrition Policy and Promotion (CNPP).

"As the public becomes increasingly aware of the link between diet and health, it is important that we understand how to make proper, nutritious food choices," said Dr. Eileen Kennedy, executive director of the new USDA Center for Nutrition Policy and Promotion.

Interwoven throughout this easy-to-read brochure are suggestions about how to meet the serving recom-

mendations outlined in the Food Guide Pyramid. The brochure also points out that many popular foods - such as pizza and fajitas - can help consumers meet the recommendations in more than one food group. These combination foods add flavor and variety to regular menus.

"For many of us, following the recommendations of the Food Guide Pyramid may seem like a considerable task," said Sylvia Rowe, IFIC president. "The key is recognizing that small substitutions, or trade-offs, can significantly impact our efforts."

Also addressed in the brochure is the concept of selecting food throughout the day with different nutritional components. For example, when choosing a food that is higher in fat, sugars or salt, remember to balance it during the next meal or later in the day with foods that are lower in those nutrients. This enables consumers to maintain the flexibility that is essential for choosing a well-balanced diet.

For a free copy, send a self-addressed stamped business-sized envelope to: Food Guide Pyramid Brochure, P.O. Box 1144, Rockville, MD 20850

City Hall Move Gives Boost to Recycling

City employees recycled more than 250,000 pounds of paper during relocation of offices from City Hall - more than three times as much as would normally be recycled during that time period. A total of 1,600 mailbags of recyclable paper were collected - enough to stretch from the Civic Center to the Embarcadero Municipal station. Stacked up, these mailbags would form a paper pile more than five times as tall as the TransAmerica Pyramid.

In addition to bringing in revenue to the City, recycling this paper will save two million kilowatt hours of energy, 3.5 million gallons of water, more than 8,500 trees and 44,500 cubic feet of landfill space. It also helps keep 7,500 pounds of air pollutants out of the atmosphere.

"We're extremely pleased about the diligence of City employees in recycling as much as possible during the move from City Hall," said Tom Mur-

phy, city government and office recycling coordinator. "The volume collected was immense."

Recycling the most paper was the Controller's Office. All new locations for City Hall departments have recycling programs for a variety of materials.

WELCOME TO 2420 BAYSHORE

BLVD: Gated, Secure 9-unit Building, Adjacent to #15 Muni, Post Office, and Bank of America. 2nd story walk-up. Owner pays water and garbage. All units have stoves, refrigerators, carpets. Street parking. Laundry facilities one block away.

Apartment #2: Two Bedroom, One Bath, Private, Quiet, Enclosed Tub/Shower. Available immediately @ \$875.

Apartment #1: One Bedroom, One Bath, Sunny, Airy, Corner Unit, Remodeled in 1994, Enclosed Tub/Shower. Available immediately @ \$750.

Apartment #8: Studio, One Bath, Sunny, Private Corner Unit, Skylight, Enclosed Tub/Shower, Recently remodeled, New Carpeting. Available immediately @ \$575.

Apartment #4: One Bedroom, One Bath, Sunny, Private Corner Unit, Available May 15th @ \$750.

John Zeravich, Owner/Manager 415/435-8006.

COMMERCIAL SPACE available immediately, 15 Leland Ave. Commercial busy district. Big store suitable for any business, Good chance, Facing Bank of America, Adjacent to Muni #15, Post office nearby, Secure building, Month to month agreement. \$795 per month. John Zeravich, 415/435-8006.

FAMOUS BIRTHDAYS

MAY

- 1: Fred Astaire (1899); Betty Comden (1919); Calamity Jane (1852); Scott Carpenter (1925); Rita Coolidge (1945); Glenn Ford (1916); Bobcat Goldthwait (1962); Joseph Heller (1923); Gary Owens (1935); Jack Paar (1918); Max C. Robinson (1939); George Strait (1952); Nancy Walker (1921)
- 2: Ted Bessell (1935); Jon Bon Jovi (1962); Catherine the Great (1729); Bing Crosby (1904); Leslie Gore (1948); Englebert Humperdinck (1936); Lorenzo Music (1937); Dr. Benjamin Spock (1903)
- 3: Mary Astor (1908); Mel Blanc (1908); James Brown (1933); Stepin Fetchit (1902); Greg Gumbel (1945); Doug Henning (1947); Mary Hopkin (1950); Wynonna Judd (1964); Niccolò Machiavelli (1498); Golda Meir (1898); Michael J. Pollard (1939); Pete Seeger (1919); Walter Szazak (1902); Frankie Valli (1937); Clint Walker (1927)
- 4: Maynard Ferguson (1928); Audrey Hepburn (1929); Horace Mann (1796); Roberta Peters (1930); Randy Travis (1959); George Will (1941); Pia Zadora (1956)
- 5: Nellie Bly (1867); Pat Carroll (1927); Ann B. Davis (1928); Alice Faye (1915); Karl Marx (1818); Tammy Wynette (1942)
- 6: Sigmund Freud (1856); Stewart Granger (1913); Rose Hunter (1924); Willie Mays (1931); Bob Seger (1945); Rudolph Valentino (1895); Orson Welles (1915)
- 7: Teresa Brewer (1931); Robert Browning (1812); Gary Cooper (1901); Totie Fields (1930); Gabby Hayes (1885); Archibald MacLeish (1892); Darrin McGavin (1922); Robin Strasser (1945); Peter Tchaikovsky (1840)
- 8: Melissa Gilbert (1964); Garry Glitter (1940); David Keith (1964); Sonny Liston (1932); Don Rickles (1926); Toni Tennille (1943); Harry S. Truman (1884)
- 9: James Barrie (1860); Candice Bergen (1946); John Brown (1800); Albert Finney (1936); Glenda Jackson (1936); Billy Joel (1949); Lloyd Price (1933); Tommy Roe (1945); Hank Snow (1914); Mike Wallace (1918)
- 10: Fred Astaire (1899); Bono (1960); Graham Gouldman (1945); Dave Mason (1946); Bobby Thompson (1962)
- 11: Johnny Appleseed (1774); Irving Berlin (1888); Foster Brooks (1912); Eric Burdon (1941); Louis Farrakhan (1933); Doug McClure (1936); Denver Pyle (1920); Margaret Rutherford (1902); Mort Sahl (1927); Phil Silvers (1912); Kent Taylor (1907)
- 12: Burt Bacharach (1928); Yogi Berra (1925); George Carlin (1937); Ian Dury (1942); Gloria Estefan (1962); Emilio Estevez (1962); Mike Perkins (1940); Dante Rosselli (1828); Howard K. Smith (1914); Tom Snyder (1936); Steve Winwood (1948)
- 13: Bee Arthur (1926); Peter Gabriel (1950); Joe Louis (1914); Stevie Wonder (1950)
- 14: David Byrne (1952); Jack Bruce (1943); Bobby Darin (1936); George Lucas (1944)
- 15: Eddy Arnold (1918); Joseph Cotten (1905); Constance Cummings (1910); Pierre Curié (1859); Richard Daley (1902);

- Terrence Trent D'Arby (1962); Brian Eno (1948); Lainie Kazan (1942); James Mason (1909)
- 16: Henry Carey, Jr. (1921); Henry Fonda (1905); Janet Jackson (1966); Liberace (1919); Gabriele Sabatini (1970); Margaret Sullivan (1966)
 - 17: Dennis Hopper (1936); Sugar Ray Leonard (1958); Maureen O'Brian (1911); Taj Mahal (1942); Debra Winger (1965)
 - 18: Frank Capra (1897); Perry Como (1912); Dwayne Hickman (1934); Reggie Jackson (1948); Pope John Paul II (1920); Bill Mazzy (1922); Robert Morse (1931); Pernell Roberts (1930)
 - 19: David Hartman (1937); James Fox (1936); David Hartman (1935); Grace Jones (1952); Nancy Kwan (1939); Ho Chi Minh (1890); Joey Ramone (1952); Pete Townshend (1945)
 - 20: Cher (1948); Joe Cocker (1944); Moshe Dayan (1915); James Stewart (1908)
 - 21: Raymond Burr (1917); Peggy Case (1924); Armand Hammer (1896); Robert Montgomery (1904); Alexander Pope (1686); Harold Robbins (1918); Mr. T (1952)
 - 22: Richard Benjamin (1938); Michael Conelataine (1927); Sir Arthur Conan Doyle (1859); Quinn Martin (1927); Peter Nero (1934); Sir Laurence Olivier (1907); Harry Ritz (1906); Richard Wagner (1813); Paul Winfield (1941)
 - 23: Barbara Barrie (1931); Rosemary Clooney (1928); Joan Collins (1933); Douglas Fairbanks (1883); James Gleason (1886); Harvin Hagler (1952); Helen O'Connell (1921); Artie Shaw (1910)
 - 24: Roseanne Cash (1965); Tommy Chong (1958); Bob Dylan (1941); Patti LaBelle (1944); Priscilla Presley (1946); Queen Victoria of England (1819)
 - 25: Claude Akins (1918); Dixie Carter (1939); Jeanne Crain (1925); Miles Davis (1926); Ralph Waldo Emerson (1803); John Gabriel (1931); Tom T. Hall (1936); Connie Sellecca (1955); Beverly Sills (1929); Gene Tunney (1896); Leslie Uggams (1943); Karen Valentine (1947)
 - 26: Ben Alexander (1911); James Arness (1923); Peter Cushing (1913); Al Jolson (1886); Peggy Lee (1920); Stevie Nicks (1948); Jay Silverheels (1922); John Wayne (1907); Hank Williams, Jr. (1948)
 - 27: Clint Black (1962); Todd Bridges (1968); Louis Gossett, Jr. (1936); Wild Bill Hickok (1837); Henry Kissinger (1923); Christopher Lee (1922); Lee Meriwether (1935); Vincent Price (1911); Sam Sneed (1912); Bruce Weitz (1943)
 - 28: Carroll Baker (1931); Dionne Quintuplets (1934); Ian Fleming (1908); Beth Howland (1941); Gladys Knight (1944); Jim Thorpe (1888); Martha Vickers (1925)
 - 29: Patrick Henry (1736); Bob Hope (1903); Stacy Kesch (1914); John F. Kennedy (1917)
 - 30: Mel Blanc (1908); Benny Goodman (1909); LaToya Jackson (1968)
 - 31: Don Ameche (1906); Tom Berenger (1960); Clint Eastwood (1930); Gregory Harrison (1960); Jack Hoff (1888); Joe Namath (1943); Johnny Paycheck (1941); Norman Vincent Peale (1898); Brooke Shields (1965); Les Thompson (1961); Walt Whitman (1818); Peter Yarrow (1938)

We serve with honesty and dependability
FOR YOU - we buy, sell, trade, rent and manage

HENRY SCHINDEL

Real Estate Broker

239-5850

SAN FRANCISCO PLANNING COMMISSION ADVISORY COMMITTEE ON HAZARDOUS WASTE FACILITY EXPANSION ON TUNNEL AVENUE

Regular Meeting, May 2, 1995, 7 p.m.
Korean Presbyterian Church
120 Lathrop Ave., San Francisco

Review of Draft of EIR Report
Necessary Zoning Actions
Accident Analysis

Further information: 558-6319, or
Don Bertone, Chair: 467-9669

Kodak Photo CD

On-Site Image Transfers

- * The new industry standard
- * Five levels of resolution per scan from thumbnail to 2K x 3K dpi
- * Support in many image manipulation and image database applications
- * Archive your 35 mm photos; 100 or more per CD-ROM disc
- * Photos, slides and negatives saved in any format

Professional Scanner Has Arrived!
LARGE FORMAT

- * 4 x 5 2 1/4 35 mm
- * Up to 4,000 x 6,000 pixels
- * Six levels of resolution
- * File sizes up to 72 MB - 25 images per CD-ROM
- * Storage cost 3 cents per MB
- * Compare with SyQuest storage cost of more than \$1 per MB
- * Any text documents scanned and OCR corrected for only \$1 per page
- * Saves hours of retyping
- * Sliding scale prices with special deals for all community groups
- * Hard drive data of any kind converted to 650 mb CD-ROM
- * Can come to your home or office to transfer
- * Photographer available



DON BERTONE
(415) 467-9669
Fax 468-9669

Spotlight on Fructose

From Page 1

stant over the last 20 years, according to Youngmee Park, Ph.D., and Elizabeth Yetley, Ph.D., of the Food and Drug Administration's (FDA) Center for Food Safety and Applied Nutrition.

In a November 1993 supplement to the *American Journal of Clinical Nutrition*, Park and Yetley concluded that the average American consumes approximately 37 grams of fructose daily, or roughly eight percent of total daily energy intake. Overall, fructose consumption has not increased in recent decades, since total sucrose - which contains one-half fructose - has decreased throughout this same time. Since the late 1970s, sucrose used in the food supply has declined about 19

percent.

HEALTH ISSUES

FDA extensively reviewed the scientific evidence on the effects of sugars, including HFS, in relation to heart disease, diabetes and other health-related outcomes.

In 1986 the agency concluded that, "Other than the contribution to dental caries, there is no conclusive evidence on sugars that demonstrates a hazard to the general public when sugars are consumed at the levels that are now current and in the manner now practiced."

Some researchers have argued that consuming HFS can adversely alter trace mineral nutrition, particularly dietary copper and chromium, thereby increasing the risk of heart disease and/or diabetes.

Richard Anderson, Ph.D., of the U.S. Department of Agriculture's Human Nutrition Research Center, has conducted research suggesting that high intakes of fructose may result in excessive increases in blood insulin levels, causing the body to excrete chromium. Chromium is essential to the body's use of sugars.

But according to Walter Gilnsman, M.D., former nutrition advisor in the Office of Disease Prevention and author of the 1986 FDA report on sugars, "There is no solid, scientific research suggesting that HFS causes adverse health effects. Studies reporting such outcomes have involved abnormally high levels of fructose in a very small number of individuals, or have been conducted in rats," said Gilnsman. Moreover, chromium deficiency is uncommon in the United States.

Although animal models can suggest effects in substances in humans, Gilnsman, said, results must be interpreted on a case-by-case basis. For example, rats metabolize substances differently than humans, and thus their metabolism of fructose cannot be generalized to the overall population. In addition, the results in rats have not been observed in other animals.

The American Diabetes Association

(ADA) recently concluded that blood sugar and insulin changes cannot be predicted on the basis of the sugar or starch content of the diet. Sugars were not found to raise blood sugar more than bread, rice or potatoes.

While persons with diabetes are considered at high risk for heart disease, ADA also concluded that, "There is no reason to recommend that people avoid foods such as fruits and vegetables, in which fructose occurs naturally, or moderate consumption of fructose-sweetened foods."

Although further monitoring and research is needed, moderate consumption

tion of fructose as part of a balanced diet is safe. "On the basis of currently available information," said Gilnsman, "there is little scientific justification for recommending increased or decreased use of fructose in the general food supply or in products for special dietary use."

International Food Information Council

SLUG Workshops
In Composting

Turn your fruit, vegetable and yard trimmings into a rich soil for your garden and house plants by composting them. Learn how to compost by attending a free hands-on worm composting workshop Sunday, May 14 at 2 p.m., or a basic composting workshop Saturday, May 20 at 10 a.m. Conducted by the S.F. League of Urban Gardeners, workshops will be held at SLUG's Garden for the Environment in the Sunset district at Lawton St. and 7th Ave.

Call SLUG's Compost Hotline at 285-7585 for reservations and more information.

Peace Corps in S.F.

Peace Corps will hold an information presentation on May 31, 7 p.m. at the Fort Mason Cultural Center, Building C, Room 370 at Buchanan and Bay Sts.

To qualify, you must be a U.S. citizen in good health, at least 18 years old, and have either a bachelor's degree or 3 to 5 years of skilled work experience. There is no upper age limit. Call 774-2677 or 1-800-424-8580 for more information.

Summer Teen Jobs

Amiba Juntos and Friends of the Urban Forest are now accepting applications from youth ages 14 through 16 who are interested in learning about urban tree planting and maintenance. For more information, call 863-9307.

GET THE GRAPEVINE BY MAIL
A monthly Valley original for \$9.

Name _____
Address _____
City _____
State/Zip _____
Send to: Grapevine, 60 Raymond Ave.,
San Francisco, CA 94134

Exploratorium Switching to Summer Hours

San Francisco's museum of science, art and human perception - the Exploratorium - will be open seven days a week for the museum's summer hours: daily from 10 a.m. to 5 p.m. (Wednesdays until 9:30 p.m.) from Memorial Day, Monday May 29, through Labor Day, Monday September 4.

BLOOMING GENES

Exploratorium brings a rose garden of scents into the museum on Sunday afternoon, May 28, from 2 to 5 p.m., suggesting that controlled breeding, as practiced in the cultivation of roses, has been an indirect way of modifying DNA for hundreds of years.

Rose lovers and others are invited to take part in this beautiful and fragrant illustration of human-directed diversity. Antique rose growers will bring rare and unusual roses for the public to gaze upon and sniff in a sensory confirmation of centuries of horticultural selective breeding.

This event is offered in conjunction with the Exploratorium exhibition *Diving into the Gene Pool*, on display through September 4.

ART LIFE

Exploratorium invites the public to engage in the age-old process of making genetic selections at its exhibit *Art Life* by artist-in-residence George Gessert. On view through September 4, *Art Life* was developed in conjunction with *Diving into the Gene Pool* and focuses on the common coleus.


This familiar house and garden plant, which is grown as an ornamental around the world, is one of the most variable foliage plants in existence. There are 200 or more named varieties, as well as innumerable unnamed ones.

How did so many varieties of coleus come into existence? Coleus are human-created hybrids, selected for their aesthetic qualities and ability to grow in close association with people.

Exploratorium is located in the Palace of Fine Arts, 3601 Lyon St. Call 563-7337 for more information.

WHIP THE CRACK!

Bulls-eye Half Bulls-eye Star Break Combination




All of these windshield breaks can be repaired if you act quickly!

Have you ever noticed how a crack in a windshield silently grows? It has a mind of its own as it creeps across your line of sight, inch-by-inch. In fact, a small crack can quickly get out of hand, making the windshield unsafe and in need of replacement. But it doesn't have to go that way. In most cases, a cracked windshield can be repaired.

That's right: YOU DON'T HAVE TO REPLACE IT!

In most cases, the experts at Peninsula Glass Repair can come to you and perform a quick and inexpensive repair that's always guaranteed. PGR has satisfied many individuals over the years and become the regular choice of numerous fleets and insurance companies. By the way, replacements are available at very reasonable prices when we honestly believe that a high quality repair just cannot be done. Knowing all this, can you really think of a sensible reason not to call Peninsula Glass Repair? Call now for more information or a free estimate and see if we can repair it for you free.*

WHIP THE CRACK BEFORE IT WHIPS YOU!



**914 Linden Ave., Suite B
South San Francisco
415-615-9422**

*Most insurance companies will pay the full cost of repair with no increase in rates, regardless of your deductible.



Cathy Kline Saunders
Lifetime Senior Marketing Consultant
Broker Associate

**CAMERON-JONES
REALTORS,® INC.**

Residential Real Estate

To Find Out How Much
Your Home is Worth -
Call Me for a
Free Market Analysis
761-9280

2566 OCEAN AVENUE @ 19th
SAN FRANCISCO, CA 94132